



| EVENT                                | AGE    | NAME                | RECORD  | WT.CLASS |
|--------------------------------------|--------|---------------------|---------|----------|
| 5K                                   | 50-54  | Ryan Burk           | 28:10   |          |
| Archery - Compound Release w/ Sights | 55-59  | Samuel Arcure       | 866     |          |
| Archery - Compound Release w/ Sights | 580-84 | Nick Gregg          | 701     |          |
| Archery - Barebow Recurve No Sights  | 60-64  | Thomas Valentine    | 168     |          |
| Basketball - Spot Shooting           | 80-84  | Ira Kramer          | 9       |          |
| Basketball - Timed Shooting          | 60-64  | Jim Cooke           | 86      |          |
| Bowling - Singles                    | 60-64  | Douglas Covert      | 685     |          |
| Bowling - Singles                    | 90+    | Charles Davis       | 450     |          |
| Cycling- 5K                          | 50-54  | Darien Angelier     | 6:57    |          |
| Cycling- 5K                          | 60-64  | Tom Redpath         | 6:49    |          |
| Cycling- 5K                          | 65-69  | William Newmyer     | 6:56    |          |
| Cycling - 10K                        | 50-54  | Darien Angelier     | 13:57   |          |
| Cycling - 10K                        | 60-64  | Tom Redpath         | 14:15   |          |
| Cycling - 10K                        | 65-69  | Randall Smith       | 15:37   |          |
| Cycling - 5K Recumbent               | 70-74  | Michael Griffith    | 8:51    |          |
| Cycling - 10K Recumbent              | 70-74  | Michael Griffith    | 17:29   |          |
| Disc Golf - Paradise Park (18 Holes) | 50-54  | Ben Boyter          | 47      |          |
| Disc Golf - Paradise Park (18 Holes) | 55-59  | James Coste         | 53      |          |
| Disc Golf - Paradise Park (18 Holes) | 60-64  | Dave Muntean        | 47      |          |
| Disc Golf - Paradise Park (18 Holes) | 65-69  | Jim Elsner          | 54      |          |
| Disc Golf - Paradise Park (18 Holes) | 75-79  | Richard Drew        | 73      |          |
| Powerlifting - Bench Press           | 50-54  | Robert Pickels      | 265     | 231.25   |
| Powerlifting - Bench Press           | 55-59  | Wiley Williams      | 305     | 231.25   |
| Powerlifting - Bench Press           | 55-59  | Brian Crouse        | 290     | 264.5    |
| Powerlifting - Bench Press           | 65-69  | Donnell Dawkins     | 265     | 231.25   |
| Powerlifting - Bench Press           | 70-74  | Reuben Wade Baggett | 235     | 205      |
| Powerlifting - Bench Press           | 70-74  | Michael Russell     | 265     | 231.25   |
| Powerlifting - Bench Press           | 80-84  | Les Garringer, Jr   | 170     | 130      |
| Powerlifting - Bench Press           | 80-84  | Emory Williams      | 195     | 182.75   |
| Powerlifting - Dead Lift             | 50-54  | Luis Salvador       | 250     | 163      |
| Powerlifting - Dead Lift             | 55-59  | Brian Crouse        | 450     | 264.5    |
| Powerlifting - Dead Lift             | 60-64  | Douglas Pleas       | 330     | 264.5+   |
| Powerlifting - Dead Lift             | 65-69  | Donnell Dawkins     | 425     | 231.25   |
| Powerlifting - Dead Lift             | 70-74  | Byron Todd          | 255     | 205      |
| Powerlifting - Dead Lift             | 70-74  | Michael Russell     | 330     | 231.25   |
| Powerlifting - Dead Lift             | 80-84  | Les Garringer, Jr   | 290     | 130      |
| Swimming - 100yd Backstroke          | 70-74  | Martin Dix          | 1:32.08 |          |
| Swimming - 100yd Butterfly           | 65-69  | Dale Charrette      | 1:13.27 |          |
| Swimming - 200yd Backstroke          | 70-74  | Martin Dix          | 3:25.90 |          |
| Swimming - 200yd Breaststroke        | 65-69  | David Smith         | 3:58.91 |          |
| Swimming - 50yd Backstroke           | 60-64  | Miguel Sierra       | 35.68   |          |
| Swimming - 50yd Backstroke           | 65-69  | Michael Smith       | 36.41   |          |
| Swimming - 50yd Breaststroke         | 65-69  | Michael Smith       | 33.23   |          |
| Swimming - 50yd Butterfly            | 60-64  | Miguel Sierra       | 31.57   |          |
| Swimming - 50yd Butterfly            | 65-69  | Michael Smith       | 28.19   |          |
| Swimming - 50yd Freestyle            | 65-69  | Michael Smith       | 26.27   |          |
| Swimming - 50yd Freestyle            | 75-79  | Mark Gargiulo       | 31.51   |          |
| Track - 400M                         | 60-64  | Russell Henley      | 1:01    |          |
| Track - Discus                       | 90-94  | Geneva Colson       | 4.22M   |          |
| Track - Shot Put                     | 55-59  | Richard Laska       | 9.94M   |          |

2025 NEW MEN'S RECORDS



| EVENT                                | AGE   | NAME               | RECORD  | WT.CLASS |
|--------------------------------------|-------|--------------------|---------|----------|
| 5K                                   | 60-64 | Kelley El-Urfali   | 26:01   |          |
| 5K                                   | 65-69 | Fran McLean        | 29:38   |          |
| 5K                                   | 70-74 | Carmen Williams    | 32:01   |          |
| Basketball - Spot Shooting           | 65-69 | Debra Salters      | 11      |          |
| Basketball - Spot Shooting           | 75-79 | Susanne Fortune    | 4       |          |
| Basketball - Timed Shooting          | 65-69 | Debra Salters      | 93      |          |
| Basketball - Timed Shooting          | 75-79 | Susanne Fortune    | 30      |          |
| Bowling - Singles                    | 70-74 | Rhonda Wilson      | 548     |          |
| Cycling - 5K                         | 50-54 | Tina Bahmer        | 8:00    |          |
| Cycling - 5K                         | 65-69 | Mary Jane Tappen   | 9:03    |          |
| Cycling - 5K                         | 75-79 | Joanna Southerland | 10:25   |          |
| Cycling - 10K                        | 65-69 | Mary Jane Tappen   | 18:17   |          |
| Cycling - 10K                        | 75-79 | Joanna Southerland | 21:14   |          |
| Disc Golf - Paradise Park (18 Holes) | 65-69 | Penny Taylor       | 64      |          |
| Disc Golf - Paradise Park (18 Holes) | 70-74 | Sue Wilkinson      | 71      |          |
| Powerlifting - Bench Press           | 50-54 | Holly Snyder       | 120     | 167.5    |
| Powerlifting - Bench Press           | 50-54 | Michele Lawhon     | 120     | 185      |
| Powerlifting - Bench Press           | 50-54 | Melanie Knight     | 130     | 185+     |
| Powerlifting - Bench Press           | 55-59 | Khristy Hanna      | 105     | 152      |
| Powerlifting - Bench Press           | 60-64 | Kelley El-Urfali   | 85      | 114.5    |
| Powerlifting - Bench Press           | 60-64 | Cindy Holland      | 60      | 125.5    |
| Powerlifting - Bench Press           | 60-64 | Norma Hendrickson  | 100     | 167.5    |
| Powerlifting - Bench Press           | 65-69 | Pamela Chichester  | 70      | 152      |
| Powerlifting - Bench Press           | 65-69 | Diana Sellers      | 105     | 185+     |
| Powerlifting - Bench Press           | 70-74 | Lynn Lenahan       | 95      | 103.5    |
| Powerlifting - Bench Press           | 70-74 | Vickie Cadwallader | 75      | 152      |
| Powerlifting - Bench Press           | 70-74 | Melanie Hines      | 75      | 167.5    |
| Powerlifting - Bench Press           | 70-74 | Carla Trowbridge   | 80      | 185      |
| Powerlifting - Bench Press           | 75-79 | Sharon Wolfe       | 75      | 152      |
| Powerlifting - Bench Press           | 80-84 | Zoe Mansfield      | 45      | 114.5    |
| Powerlifting - Dead Lift             | 50-54 | Holly Snyder       | 200     | 167.5    |
| Powerlifting - Dead Lift             | 50-54 | Michele Lawhon     | 235     | 185      |
| Powerlifting - Dead Lift             | 55-59 | Khristy Hanna      | 215     | 152      |
| Powerlifting - Dead Lift             | 55-59 | Missy Rudd         | 245     | 167.5    |
| Powerlifting - Dead Lift             | 60-64 | Cindy Holland      | 160     | 125.5    |
| Powerlifting - Dead Lift             | 60-64 | Leslie Langston    | 175     | 138.75   |
| Powerlifting - Dead Lift             | 65-69 | Diana Sellers      | 210     | 185+     |
| Powerlifting - Dead Lift             | 70-74 | Lynn Lenahan       | 185     | 103.5    |
| Powerlifting - Dead Lift             | 75-79 | Martha Barnett     | 110     | 138.75   |
| Powerlifting - Dead Lift             | 75-79 | Ellen Derano       | 160     | 152      |
| Powerlifting - Dead Lift             | 80-84 | Zoe Mansfield      | 100     | 114.5    |
| Swimming - 100yd Backstroke          | 55-59 | Karen Westerman    | 1:11.08 |          |
| Swimming - 100yd Butterfly           | 55-59 | Karen Westerman    | 1:11.64 |          |
| Swimming - 100yd Freestyle           | 55-59 | Karen Westerman    | 1:03.20 |          |
| Swimming - 200yd Backstroke          | 55-59 | Karen Westerman    | 2:31.61 |          |
| Swimming - 200yd Freestyle           | 55-59 | Karen Westerman    | 2:18.25 |          |
| Swimming - 200yd Freestyle           | 65-69 | Lisa Waxman        | 2:56.41 |          |
| Swimming - 200yd Freestyle           | 70-74 | Bonnie Wright      | 2:59.60 |          |
| Swimming - 500yd Freestyle           | 55-59 | Karen Westerman    | 6:06.89 |          |
| Swimming - 500yd Freestyle           | 70-74 | Bonnie Wright      | 8:03.25 |          |
| Track - 800M                         | 55-59 | Angela Dempsey     | 3:12    |          |
| Track - 1500M                        | 55-59 | Angela Dempsey     | 6:27    |          |
| Track - 1500M                        | 60-64 | Kelley El-Urfali   | 7:01    |          |
| Track - Discus                       | 90-94 | Geneva Colson      | 4.22M   |          |
| Track - Shot Put                     | 80-84 | Jewel Vickers      | 3.99M   |          |
| Track - Shot Put                     | 90-94 | Geneva Colson      | 3.17M   |          |

2025 NEW WOMEN'S RECORDS



| EVENT | AGE | NAME | RECORD |
|-------|-----|------|--------|
|-------|-----|------|--------|

MEN’S DOUBLES

|                 |       |                                    |     |
|-----------------|-------|------------------------------------|-----|
| Bowling Doubles | 80-84 | Les Garringer, Jr. & Charles Davis | 971 |
|-----------------|-------|------------------------------------|-----|

WOMEN’S DOUBLES

|                 |       |                                    |     |
|-----------------|-------|------------------------------------|-----|
| Bowling Doubles | 65-69 | Marynell DeMartino & Sheila Sayler | 963 |
| Bowling Doubles | 70-74 | Lucretia Collins & Mary Diallo     | 765 |

MIXED DOUBLES

|                       |       |                                  |      |
|-----------------------|-------|----------------------------------|------|
| Bowling Mixed Doubles | 50-54 | Joseph Trozzo & Susan Drake      | 930  |
| Bowling Mixed Doubles | 70-74 | Betsy Lieberman & Michael Renard | 875  |
| Bowling Mixed Doubles | 75-79 | Michael Romans & Cordelia Leon   | 1042 |
| Bowling Mixed Doubles | 80-84 | Les Garringer, Jr & Ruth Bailey  | 949  |

2025 NEW DOUBLES RECORDS